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GREATER ANN ARBOR

OCTOBER 2023

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natural awakenings

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Healing Along the Way

October has arrived, and daily I find myself taking delight in all the scents of the season, including simmering cloves and cinnamon, the aroma of freshly cut herbs from the garden and the crisp smell of cool autumn air, which I really love. Now is a time to get cozy and snuggle up again in flannel everything! Admittedly, I still revel in the childhood pastime of scattering crunchy leaves by hand and foot all around the trails on my afternoon walks. Looking up at the trees themselves, I sense their age-old understanding and am reminded of the ebb and flow of life as I find peace in nature's balance.

Speaking of time-tested wisdom, our World Medicine theme this month brings us an abundance of it—rooted in tradition, experience and observation. It's also timely that October 9 is Indigenous Peoples' Day, because Indigenous medicine has been an integral resource for centuries in communities around the world. According to the World Health Organization, 88 percent of all countries are estimated to use traditional medicine such as herbal remedies, acupuncture and shamanism, and I'm happy to say that our feature story reports that these practices are even increasingly being recognized by Western medicine, especially in collaboration with integrative, holistic and regenerative treatments.

Since I've always felt aligned with the belief that the body has the ability to heal itself and that nature provides everything we need to support this process, in my home there are a plethora of herbal teas, tinctures, essential oils and other plant-based products that can be used to address a variety of health conditions. As a family, we always look to avoid harsh chemicals and synthetic additives, too, so whenever there is a product or solution that is Earth-based, we are all for that.

World medicine is considered to be reliable and trustworthy, with much of it focusing on natural remedies supporting overall health and well-being, all of which have been proven to be effective and valuable over the years. In fact, plants have been used for their healing properties since ancient times and continue to be an important source of medicinal and holistic remedies. Learn how some of these "lost traditions" are now gaining new respect.

Something else that has withstood the test of time is traditional martial arts, which date back more than 2,000 years and have blossomed into about 200 styles. Originally devised to assist in hunting or protection, most have expanded yet retain a philosophical and spiritual base for mind-body-spirit connection. I remember years ago watching my kids learning taekwondo and being completely fascinated by the discipline, strength and confidence it instilled. I will say it took me some time before I gained the confidence myself to step out on the mat and give it a try, but once I did, it was amazing to witness how it transformed the entire family. We hope you enjoy the information in this issue on a variety of martial art styles as well as an introduction to qigong and tai chi, which are ancient Chinese practices promoting physical and mental health through the use of energy flow and mindful moments.

As we welcome in the cooler temperatures, hopefully you are capturing many moments of revelry and joyful seasonal pastimes of your own. Curl up with this issue when you can and we know you'll find new insight, inspiration and opportunities for healing along the way.

Yours in Health,

Trina & John

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Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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"We need to preserve a few places, a few samples of primeval country so that when the pace gets too fast we can look at it, think about it, contemplate it, and somehow restore equanimity to our souls."

– Sigurd Olson

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news briefs

Fundraiser for Wellness Forum Foundation

A Health Yourself Wellness Fair, which includes a silent auction fundraiser for the nonprofit Wellness Forum Foundation, will be held from noon to 6 p.m., October 22, at Weber's Inn. The fair will feature a wide variety of health providers eager to share knowledge about how to improve life and health at any age. The event is sponsored by the DIY-Wellness Coalition, dedicated to empowering a healthy community.

Fair coordinator Barbara Bowman says, "Our group is focused on health solutions." She is the owner of Heartfelt Wisdom, a business that provides age-less and stress-less services. "We are committed to empowering everyone to get healthy and stay well. This fair provides the perfect place to learn more about natural health solutions that not only improve and sustain well-being, but also save time and money."

Admission is free. Location: 3050 Jackson Rd., Ann Arbor. For more information, call 734-478-4263 or visit DIY-Wellness.info. See Mark Your Calendar ad page 33.

Prevent Mold Growth Before Winter

Approaching the colder months, it is important to make sure that all areas of the home are sealed and not at risk for leaks. Basements, attics or other locations can become susceptible to water or moisture buildup that remains damp to create odor and mildew formation because windows are closed for the year. MoldPro LLC is a certified and insured mold removal company specializing in thorough home or business air testing and chemical-free mold remediation.

To do a fall cleaning, remove all trash, clean the towels and linens, vacuum and scrub every room. Make sure towels and linens are completely dry. If there are signs of mold, calling a removal professionals like MoldPro, the only 100 percent chemical-free mold remediation company in the Midwest, is the best solution.

Mold Pro doesn't cover up problems or treat mold by spraying chemicals—with enough humidity, the mold could return. They remove the mold root entirely. They also provide non-toxic alternatives to cleaning products, beauty products and even beeswax, coconut oil, wooden wicks and essential oil candles.

Location: 247 W. Main St., Milan. For a professional consultation, call 734-439-8800, email PeaceOfMind@moldprollc.com or visit MoldProLLC.com. See ad page 37.

A2 Artoberfest is a Zero Waste Event

The nonprofit Guild of Artists & Artisans is conducting the third annual A2 Artoberfest, a celebration of the arts, from 10 a.m. to 7 p.m., October 28, and 10 a.m. to 4 p.m., October 29, in Downtown Ann Arbor, across Ann Street and North Fourth Avenue from Huron into the Kerrytown area. This celebration of the arts features 100 jury-selected artists, live entertainment, food vendors, art activities and adult beverages.

At Guild fairs, patrons can interact directly with artists at their booths to discuss their techniques and inspirations. Featured work includes jewelry, ceramics, painting, sculpture, glass, photography, fiber, wood, leather and more.

The Guild's sustainability zero waste efforts are made possible by a Sustaining Ann Arbor Together grant from the city of Ann Arbor office of Sustainability and Innovation. The goal of this zero waste event is using only materials that are locally recyclable, compostable or reusable. A2 Artoberfest provides recycling and composting bins, and a small trash can.

For more information, call 734-662-3382, or visit A2Artoberfest.org.

Fresh Natural Organic Produce

LaMore's Organic Vegetables is a truly organic garden, growing a variety of seasonal vegetables to sell. Because they only grow organically, free of pesticides and herbicides, LaMore's unfortunately loses some of their crop each year to those hazards, so what is available can change week-to-week.

Saturday and Sunday 9am-2pm seasonally. Location: 4801 N. Territorial Rd., Dexter.

KUDOS

Second-generation **Ecuadorian sisters Emily Meza-Wilson and Alicia Meza**, owners of **Mindo Chocolate Makers**, have won **11 awards** for the quality of their chocolate bars. They source the cocoa beans directly from **Ecuador**, working with small farmers and handcrafting bars in **Dexter** and a chocolate shop in **Ann Arbor**. Their website features shopping, recipes and classes.

Location: 11061 Trinkle Rd., Dexter; and 206 North 4th Ave., Ann Arbor. For more information, visit MindoChocolate.com.

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Making Peace with Our Inner Critic

by Karen Kerr

Some clinical social workers feel there is a missing key to breaking through the barriers of shame and other destructive mental habits that cause us to experience so much emotional suffering in what psychologist Tara Brach calls, "the trance of unworthiness."

In a Ted Talk featuring Dr. Kristin Neff, she shares her personal experience and professional work in identifying and healing "the inner critic". With her background as an academic researcher at the University of Texas at Austin and Buddhist practitioner, Neff developed the model of Mindful Self-Compassion (MSC) with Harvard psychologist Chris Germer, eventually bringing it to lay people and professionals via training around the world.

If we recognize or are sometimes accosted by an internal voice that judges, criticizes and even condemns us, we have met or perhaps are intimately acquainted with the inner critic. Probably the majority of us have one, although some may be louder or more persistent than others. We might think of this as a parental voice that aims to guide and protect us from harm, but it can evolve into a harsh enforcer as we grow into adolescence and adulthood. While the inner critic may convince us that it is needed to keep us safe, the reality is that it can contribute to crippling self-doubt, isolation, self-loathing and suffering of all kinds if accepted without conscious awareness or question.

The practice of MSC is comprised of three elements, with exercises and meditations that can be learned and repeated for reinforcement until they can become automatic.

Mindfulness: When we make a misstep or regret our actions, we can first notice the negative thoughts and feelings that emerge and recognize, "Ouch! This hurts! This is stressful!" or, "This is what suffering feels like."

Common Humanity: We are not alone. We all are imperfect and make mistakes, no matter our age or experience. Stress, and even suffering, are a natural part of life.

Kindness: We can offer ourselves the same kind words we would to a friend in similar circumstances. The chances are that we would never speak so harshly to another as we do to ourselves, nor would we consider it helpful.

With the recognition and application of these steps, we can then address and correct our missteps instead of becoming paralyzed by guilt/regret, shame/blame or withdrawal, and perhaps most importantly, avoid unnecessary distress that interferes with the quality of our functioning and relationships.

The model may seem simplistic at first glance, yet the transformative alchemy is in the heartfelt embracing of self-compassion. This might not come easily or naturally, because many of us have been taught that being kind to ourselves is a weakness, as if it is letting ourselves off the hook or preventing accountability. It may feel like we need to keep the inner critic on board and alert to remain motivated and successful in life.

Research shows, however, that it can instead activate the fight-or-flight response of the nervous system as if we were in mortal danger, while the real attacker is our own thoughts. Neuroplasticity of the brain means that we can rewire those negative channels with newly developed neuropathways that are positive and supportive to our overall functioning and well-being. MSC provides a powerful tool for paving the way for more inner harmony and ease.

There are multiple, life-changing benefits to practicing self-compassion. Learning to accept our imperfections gives us the strength to move forward with more resilience and greater compassion for ourselves and others with a focus on strengths, rather than deficits. MSC can help us recognize what we need in the moment, better regulate our emotions/reactions, be more productive and improve our relationships, leading to a happier, healthier sense of self-worth, safety and connection in our lives. As we give ourselves more compassion, we extend loving kindness into the world.

Karen Kerr, LMSW, is a MSC-trained teacher at The Center For Integrative Counseling, located at 2010 Hogback Rd., Ste. 6E, in Ann Arbor. For more information, call 734-660-5610, email Karen8Kerr@gmail.com or visit karenpkerr.com. *See ad page 37.*

Ohio train derailment and vinyl chloride chemical spill – Feb. 3, 2023.

PHOTO: Gene J. Puskar | AP

Luxury Vinyl Plank vs. Real Wood:

THE LONG-TERM COSTS OF SAVING NOW

What could the recent train derailment in Palestine, Ohio, have to do with your floors? Well, here at Chelsea Plank, we saw the connection right away. For years, as hardwood floors have fallen out of favor and vinyl has been regarded as the more "affordable" flooring product, we have stood by our 3/4" solid wood floors as the long-term best choice for your family, home, and wallet.

What most consumers may not realize about the choice of vinyl, is that vinyl tile or plank (LVT or LVP), all contain some degree of polyvinyl chloride or PVC. PVC is one of the most environmentally hazardous consumer materials produced. PVC is made with large quantities of toxic organochlorines such as dioxins and phthalates and releases them into indoor and outdoor environments. Both chemicals are bio-accumulative and toxic to humans. They are also considered forever chemicals because they are persistent and almost never break down. Their production and ultimate incineration in landfills generate some of the most hazardous pollutants known. Because vinyl flooring is designed with the latest trends in mind, it is often disposed of more frequently. Hardwood flooring can be refinished many times and is still in homes long after trends have come and gone, while LVP/LVT sits in landfills. As a sustainable and natural substance, wood is an environmentally friendly choice that helps to insulate the home and lower energy bills. Trees are a natural resource that use the sun for energy. "During their growth cycle, trees take in carbon dioxide, releasing oxygen and using the carbon to grow," says Tom Inman, president of Appalachian Hardwood Manufacturers, Inc., "but what many people don't know is that even when trees are harvested, they continue to store carbon in the products made using them. So, your real wood floors continue to store carbon during their entire service life. And you can feel it; about half their weight is stored carbon." In fact, Banks Hardwoods (Michigan) says, "Our Forests are now regenerating 2 times faster than they are harvesting."

Your initial investment in real wood pays off for you, the environment, and future generations. The vinyl industry's marketing strategy touts lower costs and easier availability, but the pandemic shed some light on their supply chain issues. Waiting for products from overseas takes longer and can cost more for the manufacturer and end user. "China is the world's largest producer of PVC," according to a recent article by Ken Ryan, regarding Customs and Border protection (CPB). The CPB recently added polyvinyl chloride to its Ughur Forced Labor Prevention Act (UFLPA). That means products are being detained at the border and that will certainly drive-up costs.

Of the many false narratives being generated by the vinyl industry, the affordability, availability and environmental factors cannot be ignored. Simply put, you can't beat real American hardwood.

Check out this extremely educational article from the National Wood Flooring Association - *https://hardwoodfloorsmag.com/2023/03/02/hardwood-industry-leaders-come-together-to-educate-on-consumer-safety-and-the-environment/*

Frame Industries, Inc., the manufacturer of Chelsea Plank Flooring, serving all of Michigan's lower and upper peninsulas, was established in Chelsea, Michigan, in 1993. For more information, to see samples or to place orders call 734-433-1023 or visit ChelseaPlank.com. See ad back cover.

Reflexology Relieves Stress, Anxiety and Burnout

According to workplace consultant Zippia, 89 percent of Americans suffered from burnout past year, characterized by physical fatigue (44 percent), cognitive weariness (36 percent), emotional exhaustion (32 percent), lack of interest, motivation or energy (26 percent) and lack of effort at work (19 percent). Cumulative, prolonged stress and anxiety can quickly lead to burnout that saps us of our energy, motivation and productivity, not to mention wreaking havoc on the immune system, relationships and mental health.

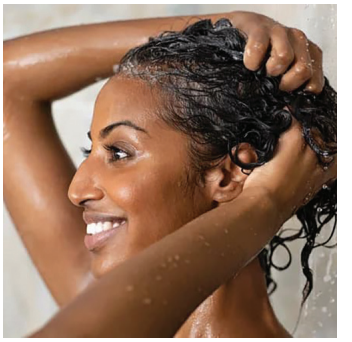
What many people don't realize is that this level of stress is still prevalent as the post-pandemic normal; it has not resolved just because the pandemic has officially come to an end, we have just gotten used to it. Many professionals in caregiver roles such as mental health and the healthcare field are parents and also take care of their own parents.

A reflexology session may feel like the best foot massage, but it is actually an ancient healing modality that operates on the principle that nerve endings in the feet and hands correspond to all glands, organs, regions and systems of the body. When stress, toxins and illness are present, the natural flow of energy is compromised and manifests as congestion in the corresponding reflex points and unease within the body.

Reflexology works with the assumption that stimulation of specific pressure points on the feet and hands activate the body's self-healing response. This helps to relieve tension, increase nerve and blood supply, improve circulation and normalize and balance the entire body. Reflexology is suitable for all ages and levels of health and may be used as a complementary therapy to assist in the healing of many health concerns.

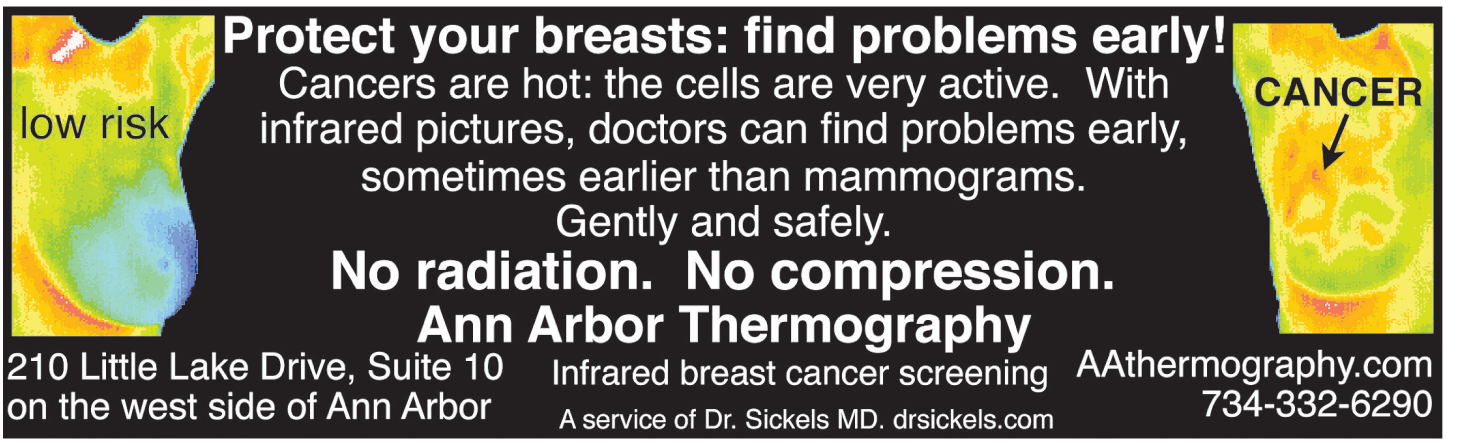
Certified Reflexologist Andrea Astley is the founder and owner of Crysterra Wellness, located at 3173 Baker Rd., Ste. A., in Dexter. For appointments and more information, call 734-649-1849 or visit CrysterraWellness.com. See ad page 36.

Hair Tapping for Hair Growth



New methods for cultivating healthy hair growth have been gaining traction amongst young people on social media platforms, including hair tapping, a technique popularized in Korean and Japanese hair spas. According to hair-care experts, hair tapping is similar to a scalp massage and involves gentle drumming movements along the scalp with the fingers. Hair-tapping techniques draw from acupuncture, the practice of releasing energy by accessing certain landmarks in the body.

Like other kinds of scalp massages, hair tapping may relieve scalp tension, stimulate blood flow and improve lymphatic drainage. A Japanese study found that four-minute daily scalp massages over a 24-week period increased hair thickness by changing the expression of human dermal papilla cells in tissue under the skin. And a 2019 self-assessment survey found scalp massages improved hair growth for individuals with hair loss.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Fermented Foods for Brain Health

The consumption of fermented products is on the rise as drinks like kombucha and kefir have become popular. They are a source of tryptophan, an amino acid critical to producing serotonin, the brain chemical that influences mood, and may also contain neurotransmitters in their raw form. Research has shown that eating fermented foods may have long- and short-term impacts on brain function, such as reducing stress.

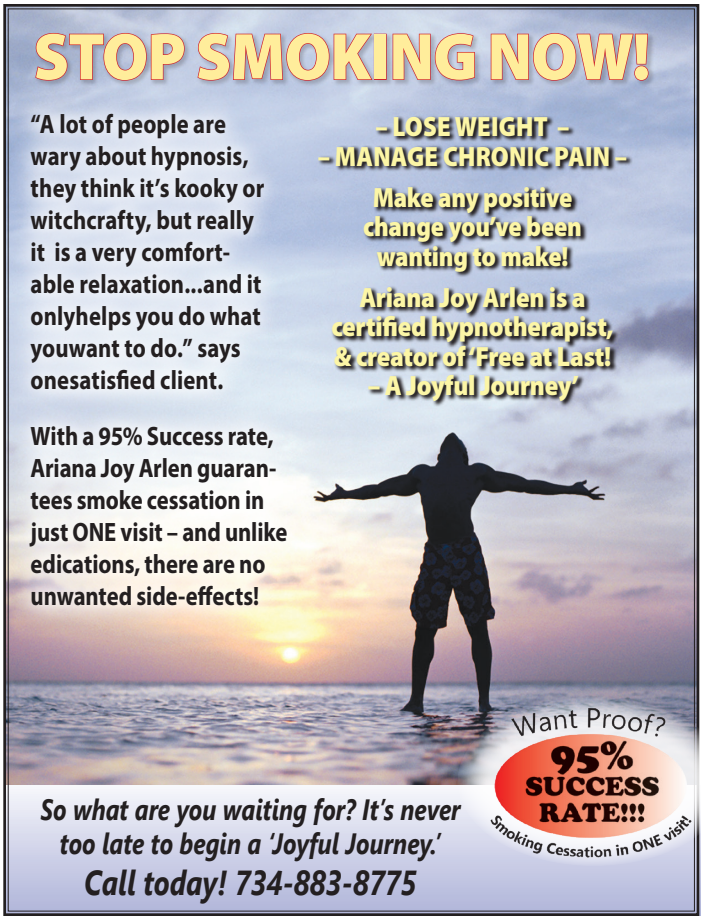
Led by researchers at University College Cork, in Ireland, a new large study has begun to compare 200 fermented foods from around the world to pinpoint which ones are the most beneficial for brain health. Although still in its initial stages, preliminary results have already revealed some surprises. Almost all of the fermented foods display the potential to improve gut and brain health. While more research is needed, sugar- and vegetable-based fermented foods are likely to top the list, according to the lead researcher.

Yoga for Prostate Cancer Patients

According to the American Cancer Society, about one man in eight will be diagnosed with prostate cancer during his lifetime, with six in 10 of these cases in men 65 years and older. Non-Hispanic Black men have a 75 percent higher risk and are twice as likely to die from prostate cancer than white men, with genetics accounting for some of these disparities.

Researchers from The University of Texas Health Sciences Center at San Antonio evaluated the impact of yoga on quality of life, as well as on immune and inflammatory responses. Published in the *Journal of Urology*, the study included 30 men with cancer that were scheduled for radical prostate removal. Half of the patients performed 60 minutes of yoga twice a week for six weeks before surgery and for three to six weeks after surgery. The other patients received standard care.

The group that performed yoga reported higher quality-of-life scores, including reduced fatigue and improvements in physical, sexual, functional and social well-being. Based on blood samples, the scientists also found that yoga promoted an anti-tumor immune response and reduced inflammatory cytokine levels.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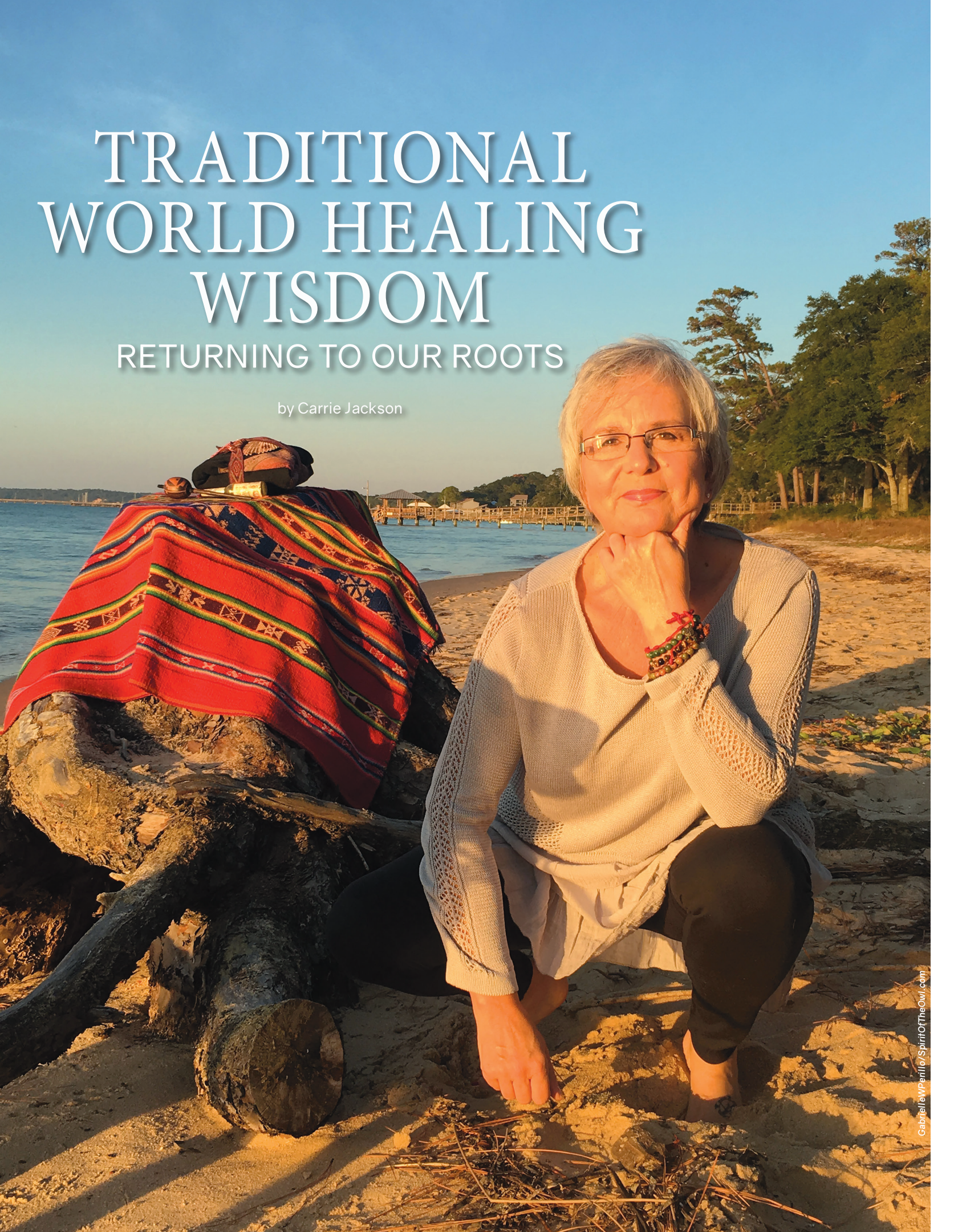
TRADITIONAL WORLD HEALING WISDOM

RETURNING TO OUR ROOTS

by Carrie Jackson



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With time-tested wisdom and natural roots, traditional and Indigenous medicine has been an integral resource for centuries in communities around the world. According to the World Health Organization, 88 percent of all countries are estimated to use traditional medicine, such as herbal remedies, acupuncture and shamanism. The contribution of these practices is increasingly being recognized by Western medicine, especially in collaboration with integrative, holistic and regenerative medicine. The pandemic prompted renewed interest in traditional treatments, and incorporating them into wellness and healing modalities is easier and more valuable than ever.

Herbalism

Herbalist and spiritual coach Lucretia VanDyke integrates rituals, plant-spirit meditation, holistic food and ancestor reverence into her practice. An expert on Southern folk healing, VanDyke notes in her book, *African American Herbalism,* that Indigenous practices were never lost, but people had to go underground for fear of persecution.

"Herbal and sacred ceremonial practices of enslaved people of African descent were highly regulated or banned by the United States government in an effort to control the people most affected by colonization," she explains. "In the mid-18th century, Virginia and South Carolina made it a capital offense to practice herbalism, resulting in harsh punishment or even execution if found guilty. Additionally, in 1883, the U.S. Department of Interior came up with the Code of Indian Offenses, which implemented laws that applied only to Native people until 1978. They were punished for dances and feasts by imprisonment or withholding food rations for up to 30 days."

Noting a resurgence of these once-forbidden practices, VanDyke adds, "Today, I see people trying to branch out on their spiritual journey and seeking sources outside their Christian upbringing to answer questions within themselves with practices like herbalism and African traditional religion coming more into the mainstream."

Linda M. Conroy, MSS, MLSP, is an educator, herbalist and community organizer who dedicates her life to connecting with the green world. She is the founder of two annual gatherings: the Midwest Women's Herbal Conference and the Mycelium Mysteries Women's Mushroom Conference. She also provides herbal education, workshops and individual consultations through her Wisconsin-based business, Moonwise Herbs.

"Herbalism is a practice where people connect and work with plants for healing and nourishment," she says. "Plants, herbs and mushrooms have been around long before we have and provide an innate connection to the earth. Everyone has ancestors that grew and foraged for their own food, and we remember that in our being. It's a different experience from buying a plant or pill from the store shelf."

Misconceptions about herbalism are common in America, Conroy asserts. "In other countries such as Cuba, Germany and China, conventionally trained physicians still learn about more than 50 herbs in their training, but the United States all but abandoned herbalism after the development of antibiotics and pharmaceuticals," she explains. "The pandemic has helped spawn a resurgence of interest, with people increasingly disappointed by Western medicine and turning to herbs for respiratory support, stress management and other conditions."

Conroy stresses that working with herbs is both an art and a science. Learning their unique properties is key. "In order to be truly effective, it's imperative that people know how to properly choose and use the correct herb for each situation. This includes being mindful of the dosage, method of delivery and sourcing. Herbs are much safer than most things out there, and with the right assessment skills, they can be truly transformative," she says.

Another recommendation is to establish a wellness routine that incorporates herbs as maintenance to remind the body of their healing value. "Herbs are not drugs but can work in synergy with them. Many common ingredients can be used every day, such as a stinging nettle infusion to nourish the kidneys and lungs, and oats to fortify the nervous system," Conroy says. "Acquiring our herbs and foods from local sources also strengthens our connection to the plants. Most things we need, such as garlic, cabbage, eggs and raw honey, we can find in our own garden, from neighbors or at a farmers market."

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Energy Healing

Billie Topa Tate', a member of the Mescalero Apache tribe, is founder of MSI Wellness, in Evanston, Illinois, and author of the upcoming book, *Spirit Guide Invocations: Seeking Wisdom from Sacred Helpers*. Dedicated to creating a sacred space one person at a time through her Indigenous teachings, she is a mentor, teacher and healer. Her work has been shared by several universities and publications.

Although Indigenous healing practices do not have scientific studies to support their efficacy, they do have the observational and traditional support of her people, Topa Tate' says. "The Apache learned medicinal properties from the plants and honored the position of being stewards of the land," she asserts. "We learned from our virtuous elders that plants provide us with medicine and food, as well as spiritual qualities, such as smudging, essential oils and incense, which help to cleanse the body, mind and spirit."

According to Topa Tate', a shamanic journey is a visit to the energy world and can lead someone to insightful wisdom regarding their life's purpose. "The spirit world provides a release of the thoughts that limit us and brings us into a realm where we can be guided by higher thought," she explains. "Visiting the spirit world with proper guidance allows us to access the worlds of healing, wisdom, angels, the past, the future and even the symbolic energies of our present lives through our mind. Another way to find this release is to understand that words are energy carriers and can provide our mind, body and spirit with a source of enlightenment. We do this through our drumming songs and ceremonies, but also by becoming more aware and harnessing the power of words as medicine in everyday actions."

Energy work can help us reconnect with that part of ourselves that facilitates healing, says Topa Tate'. "I recommend beginning the day with a five-minute morning ceremony that gives thanks to the creator for a beautiful day and invokes our helpers to offer assistance with particular projects. As a healer, it is important to teach people how to manage their stress with more productive platforms, such as meditation, nature walks and seeking out their life's purpose. There is a misconception that only Native people can do this energy work, but we are all one family and can learn how to integrate the natural wellness that the Native people have used for centuries," she explains.

Traditional Chinese Medicine has been practiced for more than 2,500 years, and is used for health maintenance as well as the prevention, diagnosis and treatment of physical and mental illness.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is based on the philosophy, experiments and experiences indigenous to Chinese culture. It has been practiced for more than 2,500 years, and is used for health maintenance, as well as the prevention, diagnosis and treatment of physical and mental illness. According to Dr. Heming Zhu, NCCAOM, a board-certified acupuncturist and Chinese herbalist, author, educator, scientist and founder of Harmony Acupuncture and Chinese Medicine, in Maryland, the basis of TCM lies in the belief that the human body is a holistic system deeply connected to the universe.

"TCM is influenced by the flow of vital energy called *qi*. To restore the balance of qi and gain the harmony of life's paired

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aspects known as yin and yang, TCM practitioners use various techniques, including acupuncture, moxibustion [burning herbs at acupressure points], herbal medicine, massage, qigong and dietary therapy," Zhu explains.

Zhu says that TCM modalities fit into either a physical therapy or chemical therapy category and can be introduced for regular maintenance. "Acupuncture is commonly used for addressing fatigue, stress, pain, gastrointestinal issues, arthritis and improving overall well-being. Cupping is beneficial for relieving stress and muscle soreness. Tui-na, a form of therapeutic massage, is used for musculoskeletal disorders, digestive issues, pain and more. Gua sha helps manage stress and alleviate muscle tension and pain. Moxibustion can boost energy, improve digestion and address cold-related ailments. Qigong and tai chi are gentle, mind-body exercises that reduce stress and promote relaxation and overall mental well-being. Chemical therapy includes herbal medicine and dietary therapy to emphasize the connection between food and health," he says.

TCM can be incorporated into an established wellness routine, and Zhu offers a few guidelines to ensure the best results. "People should seek education on the basic principles of TCM and be intentional not to judge it by Western medicine standards. They should find a licensed and experienced TCM practitioner and keep an open mind in initial consultations. Simple TCM practices, such as mindful breathing, gentle stretching or drinking herbal teas, can be incorporated into a daily wellness routine, and lifestyle changes, such as sleep routines and stress management, are part of the healing process," Zhu says.

Emotional Healing

"There are multiple factors to illness, but often our emotions and trauma, either intergenerational or personal, are at the core," VanDyke says. "Creating ceremonies based on the old ways gives you the strength to show up for yourself and makes it a little easier to move through the experience. Grief is a multilayer process, and it takes a holistic approach to co-create a path to a new normal. Our emotions are like invisible chains that bind us in a trauma loop, and having support for that is important. Nurturing the spirit is one thing that Western medicine does not talk about. I find that laughter, joy, pleasure and feeding the child-like spirit in us helps with this when life gets heavy. Ask yourself how you prioritize joy, and create your own rituals that center traditions while honoring your true self."

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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Sophie Haruna Klimcak

ON FINDING AWE AND WONDER

by Sandra Yeyati

Sophie Haruna Klimcak is the co-founder and program director of Wild Awake, a nonprofit in San Francisco. Drawing from her Japanese and Eastern European roots, she designs immersive, nature-based learning experiences that nurture deep caring for people and the planet. Klimcak holds a master's degree in education from the Harvard University Graduate School of Education and bachelor's degrees in philosophy, neuroscience and psychology from Washington University, in St. Louis.

Whether in an after-school setting with children or an outdoor adventure among adults, she and her team of naturalists, artists and healing practitioners invite people to mindfully gaze at the stars, invigorate the senses with ocean sound-baths, experience healing and community in a song circle, build empathy and connection through storytelling, and express creativity by painting with botanical pigments.

What inspired you to start Wild Awake?

In the summer of 2020, my co-founder Shasha Du and I took a weeklong trip to Joshua Tree National Park. Every night we experienced this feeling of awe and wonder and reverence as we stared up at this stunning night-sky portal of infinite space and blazing stars. On the last night, we brought binoculars and stayed up to see the comet NEOWISE. At 4 a.m., it appeared on the horizon—this icy rock moving toward the sun and releasing all these gases behind it in a glorious paintbrush streak—and we literally screamed and held each other because we had never seen anything like that before. As educators, we decided that we wanted to keep those feelings alive in our hearts, and design for awe and wonder in learning.

photo courtesy of Wild Awake

You don't have to travel to places like Joshua Tree or see a comet to experience wonder and awe. With the right amount of mindfulness and attention, everything is worthy of such appreciation—our backyards, our houses, everything. Feeling a sense of wonder requires us to take time to appreciate the textures of something in its entirety and realize where it might have been sourced from and how it's supporting us and we're supporting it—remembering that we're interconnected. We offer local experiences to help people see that magic exists where they live.

How do you define the learning process?

Learning is super-creative, constructive, collaborative and social. The best kind of learning is when you're following a thread of your own intuition and asking questions that are joyful for you. They're not questions someone told you to ask. You're building your own worlds by a process of inquiry. I think wakefulness comes from bringing that attention to whatever it is that you want to go deeper into.

How do you help people awaken to that learning spirit?

One of our most experiential offerings was a wildflower therapy workshop, which brought people in community to see the superblooms in the Bay Area. To make this a wonder-based experience, I created this little booklet for a mindfulness walk, inviting folks to choose one flower to develop a relationship with over the course of an hour and a half.

The booklet had multisensory prompts to deepen that relationship, and I asked them to record a conversation with their flower. When do people stare at a flower that long, right? But it does wonders, helping you move a little bit slower in the world.

The next time they walk by flowers, they'll notice them in a different way because they took intentional time to

develop a relationship to local flora and to their own joy and wonder. Little steps like these can be radical in developing a love for what we may lose if we don't protect and care for this world.

Can you describe one of your favorite programs?

Living in San Francisco with the bay surrounding us, we are always in a relationship with the ocean. It cools the planet, making it livable for us; it's an amazing place to play and enjoy water sports; and it nourishes us through seafood. So, we designed a program that takes folks out to forage for seaweed.

It's not about filling our buckets with as much seaweed as possible, but rather bringing mindfulness to the experience. We marvel at the diversity of seaweed; you can see dozens of different kinds along our shoreline. People are curious about what makes seaweed a certain color or how it nourishes us. We learn how to harvest seaweed from rock in a way that it can re-generate and grow more seaweed. We make an offering to the ocean, saying, "Thank you," remembering our mutual reciprocity.

What advice do you have for people that want to connect with nature?

One of the most accessible ways of connecting to nature is by connecting to your own body. Putting one hand on your belly and one hand on your heart and noticing your breath can really help you drop into that space of deep calm and deep knowing. If you can, find your local dark sky and go out to see the stars. Look at the moon. Notice the way planets and stars move through the sky. Or, notice a leaf or a flower and be in a relationship with it by noticing it over time, returning to it and seeing how it has changed and how you're changing inside, too.

Sandra Yeyati is the national editor of Natural Awakenings.

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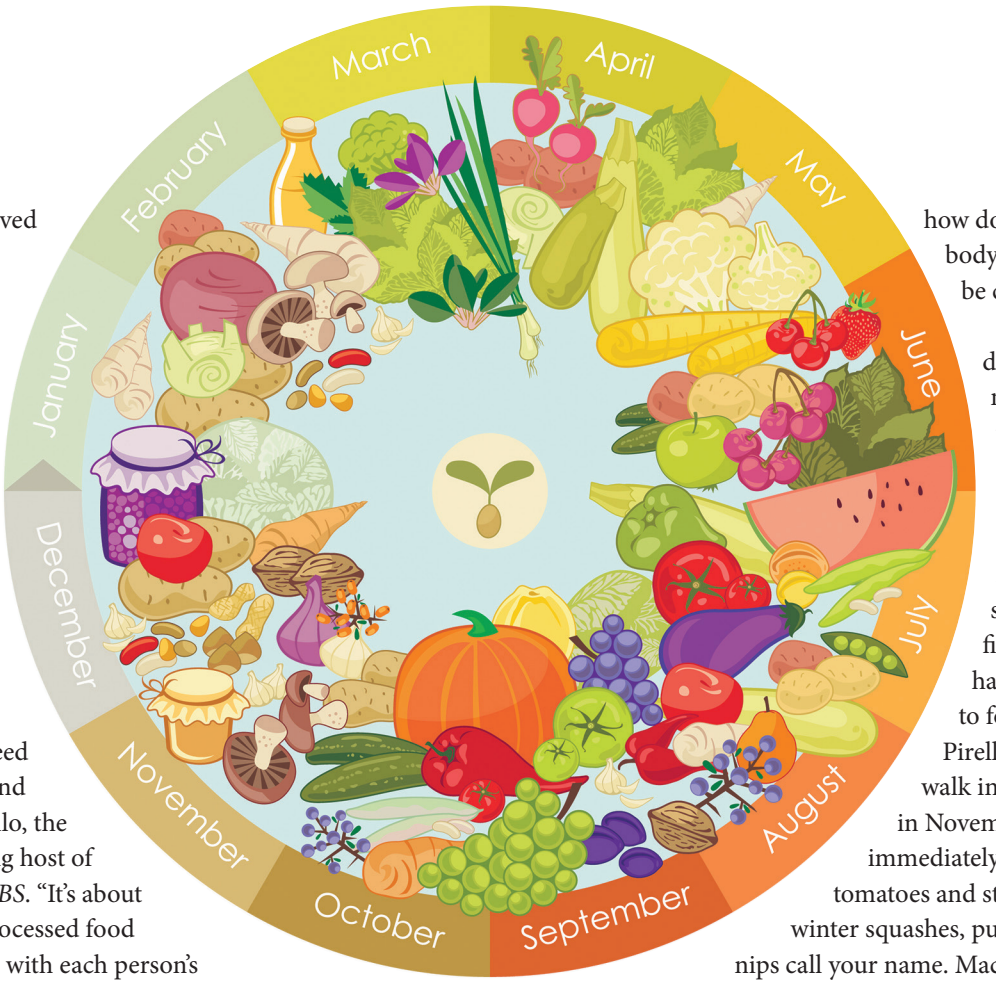
by Veronica Hinke



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So much has evolved in the 100 years since Japanese educator George Ohsawa created the macrobiotic diet. For one thing, the recipes have become more flexible, empowering people to save time and use ingredients that they love. "The modern macrobiotic diet is about much more than tofu, seaweed and miso," says chef and author Christina Pirello, the Emmy Award-winning host of *Christina Cooks,* on *PBS*. "It's about seasonal, whole, unprocessed food cooked in accordance with each person's condition and lifestyle."

"In the beginning, there was rigidity that didn't give you the freedom to say, 'I don't want to eat adzuki beans again,'" Pirello says. "Variety is key. You can't just eat kale and drink smoothies and hope for the best. You have to get balanced nutrition with enough protein, fats and carbohydrates."

According to Pirello, "What we eat determines how we move through the world. Are we comfortable or uncomfortable? In Chinese medicine, we are either in a state of ease or *dis*-ease, which became the word disease, but in Chinese medicine, it really means uncomfortable. What do you do to get back into that state of ease, or balance? That's really what macrobiotics is about; how do you rebalance the body—the organs—to be comfortable?"

Eating in accordance with the natural order—with the seasons—is an essential concept of the macrobiotic diet and includes fall, winter, spring, summer and a fifth season, "late harvest." The idea is to follow our intuition, Pirello advises: "If you walk into the supermarket in November, you're not immediately attracted to cherry tomatoes and strawberries, but the winter squashes, pumpkins and parsnips call your name. Macrobiotics allows us to understand that—even here in the United States where foods are so widely available that you can have strawberries at Christmas."

Her recipe for Winter Squash Risotto, which is featured in her new cookbook, *VegEdibles*, is just one example of the delicious macrobiotic dishes she has developed. "This risotto is perfect for cooler weather, when we need to keep energy in our middle organs so we are warm and cozy, centered and balanced," Pirello says. "Come winter and fall, we want foods that are going to help the body hold onto heat. Squash, pumpkin, turnips and rutabaga are going to help relax the body and the middle organs and help us stay grounded, centered and warm. The risotto is cooked really

long, so there's a lot of warming energy that will help you in cold weather."

"There has to be a period when the body transitions from the heat of summer into the cool of the fall," says Chicago area-based macrobiotic counselor Karla Walter. "That's when we have those beautiful orange foods starting to come out, and the squashes start arriving. We have this really lovely, sweet time of the year that actually nourishes the body and helps the immune system ramp up and get ready for colder weather."

Walter recommends the macrobiotic diet for finding calmness and rhythm. "When we eat healthy foods that sustain us, our goals come to the surface where we can see them a lot clearer. People don't know their potential until they start to feel good about themselves," she says.

Lisa Books-Williams, a plant-based chef, educator and therapist in the San Francisco area, encourages people to find their own plant-based path. "I found my answer at the end of a fork, instead of in a bottle of pills," she says. "The most loving thing I ever did

"I found my answer at the end of a fork, instead of in a bottle of pills."

for myself started with changing my food choices. Sure, it would be more delicious to be eating a pizza, but eating a salad with beans and rice is how I love myself."

Books-Williams believes that taking the extra time that is required to follow a plant-based lifestyle is worthwhile. "We can eat well inexpensively if we are willing to take an extra couple of hours each week to chop vegetables. We are worth the time it takes to batch-cook and freeze beans in single servings so we have them when we need them. Each of us has to be committed to our own well-being. No one is going to do it for us."

While much has changed since Ohsawa introduced the macrobiotic diet, Pirello still adheres to its three core ingredients. "I still eat rice, seaweed and miso soup," she says. "Not as much as I used to, but I still do, because miso is the greatest probiotic on the planet, followed by kimchi. Those are the greatest macrobiotics we could ever eat in our lives, and both are delicious."

Veronica Hinke is a food historian and the author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style *and* Titanic: The Official Cookbook. *Learn more at FoodStringer.com.*

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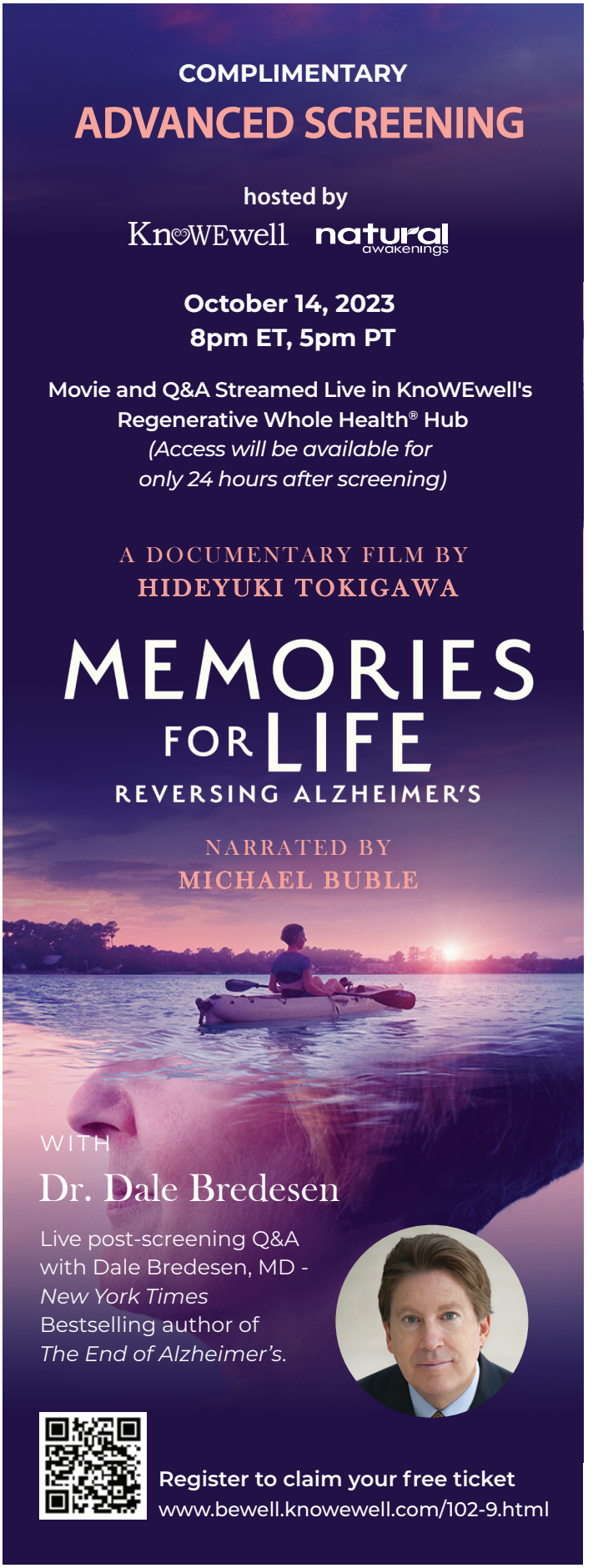
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WINTER SQUASH RISOTTO

YIELD: 4-6 SERVINGS

FOR THE BROTH:
¼ red onion, diced
½ carrot, diced
¼ cup diced winter squash
Splash of white wine or mirin
3 cups spring or filtered water

FOR THE RISOTTO:
2 Tbsp extra-virgin olive oil
½ red onion, finely diced
¼ tsp sea salt
Splash of white wine or mirin
½ cup carnaroli or Arborio rice
¼ winter squash, unpeeled and finely diced
4-5 sprigs fresh basil, leaves removed, hand-shredded

To make the broth, combine all of the listed ingredients in a large saucepan over low heat and simmer for 30 minutes before making the risotto. This can be done the day before.

For the risotto, place the olive oil in a deep skillet along with the onion over medium heat. When the onion begins to sizzle, add a pinch of salt and cook, stirring until translucent. Add the rice and a generous splash of wine, and cook, stirring until the wine is absorbed. Add ¼ cup broth and cook, stirring frequently, until the broth is absorbed. Add another ¼ cup of broth and repeat the process. Stir in half of the diced squash and cook, stirring.

In a small saucepan over medium heat, place the remaining squash with enough water to cover halfway. Add a pinch of salt. Cook over medium heat until the squash is soft, about 20 minutes.

Continue adding the remaining broth to the rice—¼ cup at a time—and stirring until the rice is tender but al dente, about 25 minutes.

Take the remaining squash and use an emulsion blender or a food processor to purée until smooth. Stir the puréed squash into the cooked risotto. Season it lightly with salt and cook over low heat

until the squash is absorbed into the rice.

Serve immediately, garnished with fresh basil.

Recipe courtesy of Christina Pirello.

BEETROOT AND ORANGE MISO SOUP

YIELD: 4-6 SERVINGS

4 medium beets, washed and with stems trimmed to about 1 inch
2 tsp ginger, finely chopped
2 Tbsp green onions, finely chopped
2 cups water or vegetable stock
1¼ cup orange juice
2 Tbsp raspberry vinegar
1 Tbsp barley (mugi) miso
½ cup chopped chives or green onions

Place the beetroot in a large saucepan, cover with water and bring to a boil over high heat. Reduce the heat and simmer until tender, about 40 minutes. Drain the beets.

Next, run the beets under cold water and peel them. The skin and stalks should fall off easily. Chop the beets into ½-inch cubes.

Reserve ⅓ cup chopped beets and set aside.

In a large saucepan over medium-high heat, combine the remaining beets, ginger, green onions, water or vegetable stock plus one extra cup of water. Bring to a boil, then reduce heat and simmer for 10 minutes.

Remove from heat and stir in orange juice.

Purée soup in small batches in a blender until smooth.

Remove a small portion of the soup into a bowl and dissolve the miso. Add miso back into the soup and stir through. Add the vinegar and stir through.

Garnish with the chives or green onions.

Recipe courtesy of Karla Walter.

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RECYCLED ART

TRANSFORMING TRASH INTO TREASURE

by Gisele Rinaldi

Photo by JenHardwick/redheadhardwick@gmail.com

Moonlit Hare
mixed media painting, printed papers

Photo by Gracie Berry_shelovesthepeople@gmail.com

Moko Jumbi
mixed media, natural materials

Photo by Cesar Aguilera/artcurator.sbdac@gmail.com

It's All About the Bass
circuit board, bass guitar

It takes a special kind of artist to create a work of art out of discarded items. These imaginative, multimedia visionaries see beauty and purpose in the most mundane materials, including paper, computer parts, bits of plastic, leftover fabrics, used tires and random game pieces. Their thought-provoking, surprising works reduce waste that would otherwise populate landfills and prove that trash can indeed become treasure.

Motivated by a desire to educate and inspire, many upcycle artists often interweave a message of environmental consciousness into their artwork, thus spreading awareness about issues or making social commentary. Plastics found along the beach may become a collage of a thriving sea turtle, for example. Old rusty metal parts may be transformed into a steampunk clock face or a modern hanging sculpture that spins in the wind.

Creating to Preserve Our Planet

Artist and interior designer Noelle Turco, of Lancaster, Pennsylvania, comes from a legacy of artists that found ways to be creative with things that were left behind. "Repurposed and upcycled art is inventive and gives a second or third life to everything from packing materials and wood to bottle caps and string," she explains. "It's one of my favorite things to do and challenges me mentally because it makes me think about how I am going to take the treasures that I have found—the bits, pieces and even words on paper—and make them into art."

Cesar Aguilera, art curator at the Sidney & Berne Davis Art Center, in Fort Myers, Florida, makes art to create consciousness about what humans use and consume. "My personal artwork and the exhibitions I design encourage others to reconsider how much we throw away," he says. "There is not another species on Earth that creates the amount of waste that does not naturally decompose. All that we create has an impact."

Jen Hardwick, a mixed-media artist who

resides in Longview, Washington, loves working with vintage game pieces, toys, wood and metal. "When I moved to Seattle in the late 80s, I started going to markets, junk stores and donation centers, and I would collect all these little 'treasures'. A lot of these materials would end up in a landfill, so I hope that by using them in my art pieces, it's helping the environment in a small way."

Artist Gracie Berry, who also lives in Lancaster, loves the challenge and inspiration that creating upcycled and repurposed art brings. "It allows me to use my creativity to rename things from my perspective," she explains. "While each of my creations has their own stories and set of rules, a common message is that my art is purposeful and needs to be here."

Ideas Unfold Into Art

Aguilera, Berry, Hardwick and Turco concur that when making repurposed art, the creative process unfolds in a messy, nonlinear way. Sometimes they begin with an idea in mind, but inspiration occurs while working with the pieces, so the work often takes a different direction. Canvas, wood, metal and fabric become foundations for intricate layers of found items placed, sewn and nestled into nooks and crannies, like puzzle pieces fitting oddly together.

"Materials seem to find me way before I ever go looking for them," Berry shares. "Sometimes the material itself gives me inspiration for my next piece. It's magical the way it all unfolds. I welcome challenges when it comes to learning techniques that work for specific projects. It's exciting to find solutions through trial and error, cementing techniques that can be used again."

Aguilera makes art from discarded computer parts, fabric and furniture. "Technology consumes precious resources but gets discarded as newer inventions become the focus," he explains. "Showcasing the interior workings of a computer draws attention to hidden beauty. A fresh coat of paint or a design remodel breathes new life into a piece of furniture or clothing."

Creative Materials Are Accessible

"For those just starting out, simple projects can be created using magazines, cardboard, yarn and glue," explains Turco. "Visit secondhand and thrift shops. Often, these stores are nonprofits, so by shopping there, we are not only keeping stuff out of landfills, but also supporting our local communities."

"Choose materials that inspire you. Pieces can be as simple or detailed as you want them to be, but most importantly, have fun," enthuses Hardwick. "I love all the things I collect individually, but putting them together to create a robot or a bug or an animal opens up a whole new world for me."

Look for beauty in unexpected places. Berry suggests that repurposing upcycled objects is not only more sustainable for the planet, it also allows creativity to be accessed anywhere. "When we think outside the box, we can create change through art," believes Aguilera.

Gisele Rinaldi is a frequent contributor to Natural Awakenings *publications.*

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by Nadia Linda Hole, M.D.

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Qigong is more than a modern wellness practice. It's a 5,000-year-old Chinese healing art steeped in tradition. At its core, qigong revolves around the concept of *qi* (pronounced "chee"), considered to be the life-force energy that permeates the universe. Like love, qi can act as a potent healing agent, restoring inner peace, balance and harmony. *Gong* refers to the dedication and effort invested in mastering this skill, a journey marked by patience and repetition. Qigong is a moving, meditative practice aimed at harmonizing internal energies, and it is related to tai chi, which originated as a martial art.

Benefits and Scientific Validation

The practice of qigong involves breath work, movement, mindfulness and stretching. It is performed with intention, yet emptiness (*wuji*), enabling practitioners to cultivate a stronger, deeper mind-body-spirit connection that allows for heightened stillness, clarity, vitality, awareness and sense of self. It has been clinically documented to alleviate stress, enhance energy levels, improve physical fitness and promote cardiopulmonary and immune function.

A 2020 study published in *Frontiers in Medicine* reported that qigong improved balance and coordination in older adults. In presenting their scientific approach and rationale,

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the researchers noted, "Qigong is an integral part of both ancient and modern Chinese medical practice and is now a popular mind-body wellness technique in the United States, as well. An estimated 2.9 million U.S. adults practiced either tai chi, qigong or both in 2012."

In a 2012 study published in the *Journal of Alzheimer's Disease,* researchers found that tai chi could enhance brain size and improve neuropsychological measures in elderly individuals, potentially delaying the onset of Alzheimer's. A systematic review of 11 studies involving 1,061 seniors with mild cognitive impairment suggested that tai chi training could be effective in improving cognitive function, including memory, learning, mental speed and attention. And, a 10-week study by Brown University researchers reported that cancer patients that practiced qigong displayed clinically significant improvements in fatigue.

Accelerating the Healing Process

"Knowing yourself is the real practice," says David Stokes Hone, a naturopathic doctor, medical qigong master and founder of the Elements of Life Institute. "As practitioners, all we're doing is reminding people of the divine connection that's inside of them. Qigong helps clear blockages and move the stuck qi out. Just doing the practices, we allow our bodies to heal through the movement that helps us have the faith to heal. The blocks and addictions melt into the light formed by the exercises."

According to Hone, the profound transformations achieved through qigong can range from the dramatic, such as restoring sensation in a paraplegic's legs, to the more subtle, like the emergence of a smile. He recalls the story of a young woman entrenched in addiction who managed to turn her life around after embracing the practice.

Kevin Chen, Ph.D., a qigong master and associate professor at the University of Maryland School of Medicine, introduced qigong to his father with chronic back pain as a way to alleviate his suffering and avoid a recommended surgery.

Principles of Qigong

For beginners, Tai Chi Master Violet Li emphasizes relaxation and mindfulness. "True relaxation is more a state of mind," she explains. "When we pay attention to our body, the qi will follow."

Troy Bennett, a doctor of acupuncture and qigong master from Newfoundland, Canada, shares eight principles that he learned from Qigong Grandmaster Effie Chow.

MEDITATE. Whenever a problem arises, meditate and wait for the answer to come. If you come to the conclusion that you can't fix the problem, then it's not in your hands, so don't worry about it.

BE LIKE THE WILLOW TREE. Learn to be flexible in the body, mind and spirit.

BREATHE. The quality of your breath will determine the quality of your life. Breathe like a newborn baby.

CONNECT. Everyone and everything in the universe is connected through qi. Remember the smallest thing you do in life will have an effect on the universe. Always hold the intention of love.

TRAIN FOR SUCCESS. Remember to always help people become the best that they can become.

LEAVE A BLESSING. Whenever you meet someone, always give a blessing. Your kindness can have the most powerful effect on someone's life and transform them in ways you can only dream of.

EXPERIENCE EIGHT HUGS AND THREE BELLY-ACHING LAUGHS DAILY. Don't take life so seriously. Learn to laugh and enjoy life.

LIVE. When Dr. Chow was asked, "What happens when you die?" she laughed and said, "I cannot answer that question. There is no such thing as death. There is only life."

Nadia Linda Hole is a medical doctor, qigong master and pioneer in bridging Oriental, Western and energy medicine with Hawaiian-style qigong. She served as a consulting editor for the book Chinese Medical Qigong *and contributing author in medical textbooks on complementary medicine.*

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Celebrating Indigenous Peoples' Day

by Kiki Powers

October 9 is Indigenous Peoples' Day. Its origin traces back to 1977, during the United Nations International Conference on Discrimination Against Indigenous Populations in the Americas, but it was not proclaimed an official U.S. holiday until 2021. During this national holiday, we celebrate the invaluable contributions and resilience of Indigenous peoples, recognize their inherent sovereignty and commit to our treaty obligations with tribal nations.

The federal government recognizes 574 American Indian tribes and Alaska Native entities in the U.S. According to the United Nations, there are more than 476 million Indigenous peoples living in 90 countries worldwide, accounting for 6.2 percent of the global population.

Here are a few ways to celebrate.

HONOR THE LAND. Visit Native Land Digital (*native-land.ca*) to learn the location and history of lands inhabited by

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Indigenous peoples around the world. The website, which includes an interactive map, identifies territories, languages and treaties.

LEARN THE HISTORY. Winner of the 2015 American Book Award, *An Indigenous Peoples' History of the United States* by Roxanne Dunbar-Ortiz offers a compelling history of the United States told from the perspective of Indigenous peoples.

CONNECT WITH NATURE. Indigenous peoples are exemplary stewards of the land that they inhabit, and we can take their lead by spending time in nature, acknowledging our dependence on the land and becoming good stewards of the local ecosystem.

On this day and every day, consider supporting Indigenous businesses for handmade jewelry and clothing, body-care products, home decor and artwork.

BUILD A GARDEN. There is much to learn from Indigenous gardening techniques. Companion planting, for example, is the idea that certain plants grown together improve each other's health and yield. Choose native plants as much as possible to support the local ecosystem. Grow healing herbs and flowers. At the end of a season, save the seeds of plants that thrived for future use.

SUPPORT INDIGENOUS BUSINESSES. On this day and every day, consider supporting Indigenous businesses for handmade jewelry and clothing, body-care products, home decor and artwork.

VISIT A MUSEUM. The National Museum of the American Indian is part of the Smithsonian Institution, with locations in Washington, D.C., New York City and Suitland, Maryland. It curates one of the world's largest collections of native artifacts.

TAKE UP STORYTELLING. Historically, Indigenous peoples have used storytelling to educate, inform, entertain and preserve their distinct legacy for future generations. Gather with friends and family to learn about and practice this life-affirming art.

EXPLORE INDIGENOUS ART FORMS. From traditional masks that narrate origin stories to handmade jewelry, crafts and dreamcatchers that memorialize healing dreams, there are so many wonderful art projects that we can appreciate and learn.

Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.

Nature's Germ Killer

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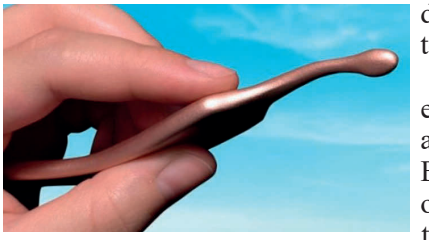
Scientists prove pure copper kills germs in seconds, just by touch, including viruses, bacteria, and fungus. High-power microscopes show germs **instantly** start dying when copper touches them.



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A Symphony of Skill-Building

HOW MUSIC SPURS CHILDHOOD DEVELOPMENT

by Sheila Julson

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For adults, music has the power to instill feelings of joy, relaxation and calmness, or to motivate us when we are exercising or performing a task, but for children, there are added benefits. Whether listening to a live orchestra, engaging in rhythmic games, learning to play an instrument or singing in a choir, musical pursuits have been proven to help with early brain development and teach kids important life skills.

Building a Better Brain

Researchers at the University of Washington Institute for Learning & Brain Sciences discovered that play sessions with music helped 9-month-old babies learn to detect rhythmic patterns, an important skill for both music and speech. According to lead author Christina Zhao, "This means that early, engaging musical experiences can have a more global effect on cognitive skills."

In a five-year study involving 6- and 7-year-olds, neuroscientists at the University of Southern California Brain and Creativity Institute, in partnership with the Los Angeles Philharmonic, found that music instruction appeared to accelerate brain development in young kids, particularly in the areas of the brain responsible for processing sound, language development, speech perception and reading skills.

"Music learning, such as studying to play a musical instrument or singing in tune, are very complex activities for the brain. They use multiple senses but also require those senses to interact and exchange information in a highly synchronized way," explains Dr. Anita Collins, founder of Bigger Better Brains and author of *The Music Advantage: How Music Helps Your Child Develop, Learn, and Thrive*. She asserts that complex musical activities are like full-body workouts for the brain, which sharpen a child's ability to solve problems and think creatively and divergently. As these skills are mastered, they can be transferred to other types of brain activities.

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Collins advises that singing to and with children at a young age can help them gain control of their voices, as well as their speech enunciation and processing, and to hear nuances in sounds. She recommends interacting with the world of sound while outdoors and adds, "Getting a young child to focus their ears onto a particular sound can help train auditory attention, which trains the attention network in general."

Kids need to listen actively, rather than passively, most of the time, Collins notes. "Passive music listening is hearing music in a mall. Active music listening is focusing our auditory processing on a particular instrument, on the melody line over the bass line or mirroring the rhythmic ostinato of the drum part."

Silence also plays an important role in early development. "The biggest mistake is not thinking about a child's auditory environment and always having the TV on or having a highly stimulating auditory environment all the time. Children need variety in their food, and sound is food for the brain. They need quiet times, unusual sounds, unexpected sounds and repetitive sounds," says Collins.

Learning Life Skills

Joan Koenig, author of *The Musical Child: Using the Power of Music to Raise Children Who Are Happy, Healthy, and Whole*, says that engaging in a musical practice can help kids develop language awareness and social skills. Such positive results are possible even without expensive music classes or instruments.

Simple call-and-response exercises can be effective in the brain development of babies and toddlers. "We are an orchestra within ourselves; we can create rhythm, melody and harmony," Koenig explains. "A parent or caregiver can initiate a call-and-response game by singing a song, tapping a wooden spoon on pots and pans or singing nonsense words. Babies will imitate it. When the baby is involved in this game during the first year of life, they are experiencing a connection with the person that's doing it. It is visceral proof that they are being listened to and understood long before the development of language. You're giving them the building blocks for both music and language. It's about repetition and engagement."

Basic life skills can also be learned with the assistance of music. "A march-and-stop song game allows children to practice stopping something fun and waiting, which can carry over to stopping when we're upset and waiting until we have a thoughtful response," says Elise Pennington, chair of the early childhood program at the Wisconsin Conservatory of Music, in Milwaukee. "Playing games like Ring Around the Rosie or Head, Shoulders, Knees and Toes can help with a number of areas. Enrolling in an organized music class where children are active participants and being challenged will help exercise a wider range of skills in a deeper way."

"When children or adults make music together, they become part of the musical creation," Koenig says. "When a young child feels this kind of visceral belonging, anxiety is low and empathy and confidence are high. These are the ideal conditions for all learning."

Sheila Julson is a freelance writer and regular contributor to Natural Awakenings.

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Traditional Chinese Veterinary Medicine

SUPPORTING PETS WITH ANCIENT HEALING WISDOM

by Kiki Powers

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For years, we have seen a growing appreciation in contemporary culture for Traditional Chinese Medicine (TCM) and the complementary role it can play within Western medicine. Based upon thousands of years of observation, this natural healing approach can be valuable not just for humans, but also for animal companions.

Traditional Chinese Veterinary Medicine (TCVM) includes the use of food therapy, acupuncture, Chinese herbs and tui-na massage to maintain health and treat disease. Some pets with chronic arthritic pain, inflammatory bowel disease, nerve damage, epilepsy, cancer and other long-term ailments may not respond well to conventional treatments, or the side effects of Western medicine may cause even more problems. That is when TCVM can intercede to provide relief.

There are a few basic principles governing TCVM. *Qi* is the life force that flows freely when a pet is healthy and may be blocked or weak when a pet becomes ill. Yin-and-yang refers to the interplay between natural dualities—such as light and dark or hot and cold—and the need to maintain a balance between these opposing properties. There are five elements—wood, fire, earth, metal and water—which also need to be in balance for optimal health. During an examination, a TCM vet will determine what is out of balance and develop a customized treatment plan.

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Food Therapy. Dr. Ruth Roberts, an integrative veterinarian and pet health coach, applies TCM principles when designing a whole-foods diet to optimize pet well-being and support healthy longevity. "Under TCM principles, foods have warming, cooling or neutral properties when they interact with a pet's natural energy, and the goal is to find a balance," she explains. "Many pet ailments may stem from or be related to imbalances within the body, as well as environmental factors, all of which underscore the need for the proper nutritional balance."

According to Roberts, in a hot climate, a pet might need cooling foods, such as turkey, fish, banana, celery, kelp, spinach, broccoli, cabbage, cucumber and melon. In colder temperatures, warming foods such as mutton, deer, chicken, ginger, squash and pumpkin are advisable. When designing a balancing diet, neutral foods may be needed, including pork, bison, salmon, tuna, carrots, green beans, peas, olive oil and shiitake mushrooms.

Acupuncture. Veterinary acupuncture is becoming increasingly popular to relieve pain or treat ailments, including allergies, seizures, reproductive problems and liver and kidney disease. The procedure involves the insertion of very thin needles into specific points on the body, thereby stimulating nerve endings, which then conduct impulses to the brain and spinal cord. It is best to consult an experienced, licensed acupuncturist or TCVM specialist that specifically treats pets.

In a 2017 study published in the *Canadian Veterinary Journal,* researchers found, "Acupuncture alone or in combination with analgesics reduced pain and improved quality of life in dogs with neurological and musculoskeletal diseases. Dogs with musculoskeletal disorders had a better improvement in chronic pain and locomotion than those with neurological disorders."

Chinese Herbs. TCVM uses a number of herbs, roots, mushrooms, bark and other plant-based ingredients to help pets with immune dysfunction, gastrointestinal issues, skin conditions, liver and kidney disease and other long-term, chronic conditions. When it comes to more serious pet health issues, such as osteosarcoma (bone cancer), Roberts suggests the strategic use of full-spectrum hemp extract (CBD), cannabis oil (THC) and medicinal mushrooms. Dosages will differ for each individual pet. It is best to consult an integrative veterinarian or pet nutritionist.

"In several documented cases, a combination of homeopathy, TCM, medicinal mushrooms and CBD-THC solutions working together synergistically with a healing diet have helped dogs outlive their bone cancer diagnosis without harmful side effects, stressful procedures or complicated vet visits, all at a dramatically reduced cost," Roberts says. "As they say, 'An ounce of prevention is worth a pound of cure,' especially where our beloved animal family members are concerned."

Tui-Na Massage. Also under the TCVM umbrella, tui-na massage uses kneading, pressing and rolling techniques to improve a pet's health and balance. Among the conditions that respond well to this type of massage are arthritis, muscle tension and soreness, stress and anxiety, joint paint and mobility issues. The technique focuses on stimulating acupuncture points and energy pathways, or meridians, that promote the smooth flow of qi throughout the body. This treatment can be used in conjunction with complementary therapies to enhance results.

Integrative Medicine. "I strongly believe Traditional Chinese Medicine is good medicine. Western medicine is great medicine. However, the best medicine is an integration of both because each of them has their own strengths and weaknesses," says Dr. Huisheng Xie, DVM, Ph.D., a clinical professor of integrative medicine at the University of Florida College of Veterinary Medicine, in Gainesville.

According to Xie, TCVM is weak in diagnosis because it does not have sophisticated diagnostic technology. Western medicine's weakness is the large amount of side effects associated with conventional drugs. "That's why the best medicine is to integrate both to avoid the weaknesses and take advantage of the strengths of each," he says.

Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.

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Eco-Friendly Fall Yard Cleanup

As first frosts arrive, annual plants die back and perennials begin to go dormant. This can create a considerable amount of leaf litter and dead stalks as the once-lush garden and yard turn brown. Many people mow and rake up the debris so that the ground is neat and bare. This winter, consider allowing at least some of this fallen foliage to remain where it lands. This will benefit the local ecosystem and reduce greenhouse gas emissions in landfills.

OFFER SHELTER TO BENEFICIAL CREATURES

When temperatures drop, many insects live or leave eggs in fallen plant materials. By resisting the urge to tidy our yards, we can protect biodiversity and preserve beneficial bugs, such as stick insects, pill bugs and millipedes. While bumblebees hibernate underground, other bee species find their way into the hollow stems of native plants to rest and wait for spring. Certain butterflies find cozy shelter in plant litter, and some caterpillars roll themselves up in fallen leaves. Toads and salamanders lie dormant in the ground or under the protection of plant debris.

PROVIDE FOOD FOR BIRDS AND SMALL CRITTERS

Birds are drawn to highly textured landscapes with a diversity of plants. They feed on seed heads left standing and forage for insects among the litter. When snow piles up on fallen foliage, voles and mice scavenge through the debris for seeds and nuts. Squirrels and opossums may find edibles in the layers of mulch. The extra plant material on the ground creates habitats for more spring insects that will benefit birds, toads and other creatures when the snow melts.

PRESERVE ROOT SYSTEMS

Perennial root systems tucked in for winter with a protective blanket of garden waste are less likely to be harmed by extreme cold temperatures. The ground is also less likely to freeze and thaw as the temperatures vary.

FOSTER HEALTHY SOIL

Take a walk through the woods in the fall. Leaves drop; plants die back; and the ground is carpeted with a rich layer of composting materials. This loamy soil in the woods is some of the healthiest to be found. In the spring, plants reappear through the layer of humus without effort.

UNBURDEN THE LANDFILL

If saving the plants, insects and birds isn't motivation enough, the U.S. Environmental Protection Agency states that yard debris takes up as much as 6 percent of all waste in landfills, producing methane as it breaks down. If the garden or yard must be cleaned up, pile the material onsite or take it to a compost site instead of putting it in the trash.

calendar of events

WEDNESDAY, OCTOBER 4

Wonder Walks: Time to Fly – 5:30-6:30pm. Fall migration is eagerly anticipated by birders and other nature lovers. Look for cues and clues that signal migration. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

FRIDAY, OCTOBER 6

Invasive Species Removal Workday – 10am-12pm. Help Legacy Land Conservancy clear brush and remove the invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

SATURDAY, OCTOBER 7

Trinity Health Fall Festival – 12-4pm. VegMichigan will be tabling at the event, giving people information about the benefits of plant-based eating, and visitors to our table can play our "non-dairy milk ring toss." Attendees are asked to bring healthy plant-based pantry staples to support their community Food Pantry if they have them. The Farm at Trinity Health, 5557 McAuley Dr, Ypsilanti. VegMichigan.org.

7th Annual Fall Seed Share – 1-3:30pm. From 1-2pm will go on a seed collection hike throughout the prairies of County Farm Park and then from 2-3:30pm we will return for a seed share. Bring native seeds, bulbs, rhizomes, perennial plants, books or garden tools. Heirloom garden seeds welcome. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Washtenaw.org.

Reflexology Primer & Demo – 4pm. Ever been curious about Reflexology and how it can fit into your self-care toolbox? Learn some of the basic concepts of reflexology as well as a few common areas for self-application. Free. Crysterra Wellness, 3173 Baker Rd, Dexter. CrysterraWellness.com.

Claudia Schmidt in Concert – 8pm. A powerful vocalist and adventurous artist who combines lively folk, jazz and blues with rich poetry and playful humor. $20. The Ark, 316 S Main St, Ann Arbor. TheArk.org. ClaudiaSchmidt.com.

SUNDAY, OCTOBER 8

Wonder Walks: Fall Color Change – 1-2pm. Look for splashes of fall color and explore the why and how of color change. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Monthly Group Sound Bath – 4-5:30pm. Rev Amy Feger, Shaman and Reiki Master, applies her unique techniques in sound healing to the group experience. $15 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-210-1312. SacredWhisperTeachings@gmail.com. EnlightenedSoulCenter.com.

WEDNESDAY, OCTOBER 11

Empty Mug Records – 8pm. Empty Mug Records is a student-run record label based in Ann Arbor showcasing student music talent. $15; students $8 with ID. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, OCTOBER 13

Invasive Species Removal Workday – Oct 13-14. 10am-12pm. Help Legacy Land Conservancy clear brush and remove the invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

SATURDAY, OCTOBER 14

Bird Migration Day – 8-10am. We'll not only enjoy the changing leaves but the birds changing as they are on their way south. All levels of birders welcome. Led by Kelsey Dehring. Bring own binoculars. Draper-Houston Meadows Preserve, 569 Mooreville Rd, Milan. Pre-registration required: Washtenaw.org.

River Roundup – 9am-5pm. Meet your team onsite at the first of two sampling locations. At each site, you search through stones, leaves, and sediment to find bugs in their natural habitat. Each team includes an experienced volunteer who has been trained in sample collection. The New Center, Ann Arbor, 1100 N Main St, Ste 210, Ann Arbor. Registration required: hrwc.org/volunteer/roundup.

Healing through Connecting Constellations – 1-6pm. We are in relationship/connected with everyone and everything. Sometimes our experiences in life have us feeling disconnected from ourselves and others. Healing through Connecting Constellations supports you in reconnecting. $165/14 days advance, $185/ after. Constellation Healing Arts, Healing through Connecting, 28592 Orchard Lake Rd, Ste 360, Farmington Hills. 248-345-3557. ConstellationHealingArts.com.

SUNDAY, OCTOBER 15

Autumn Color Mindfulness Hike – 2-3:30pm. During the hike, we will stop periodically for quiet reflection and to connect with our senses. Co-led by Parks Naturalist Elle Bogle and mindfulness instructor Julie Woodward. Whitmore Lake Preserve, 1551 7 Mile Rd, Whitmore Lake. Register: Washtenaw.org.

WEDNESDAY, OCTOBER 18

Wonder Walks: Fall Color Change – 5:30-6:30pm. Look for splashes of fall color and explore the why and how of color change. Free. Matthaei Botanical Gardens. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

THURSDAY, OCTOBER 19

Embracing a Plant-Based Diet – 6:30-8pm. Marc Ramirez, a former University of Michigan football player and co-founder of the nonprofit Chickpea and Bean, will discuss how he lost 50 pounds and reversed Type 2 diabetes and other illnesses with the power of plants. Ewald Branch, Grosse Pointe Library, 15175 E Jefferson, Grosse Pointe Park. VegMichigan.org.

FRIDAY, OCTOBER 20

Yoga Retreat in the Countryside: Big Rapids – Oct 20-22. With holistic yoga and wellness educator Christy DeBurton. Includes a safe, peaceful country setting for rest and relaxation; 2 nights of accommodations with private baths; locally sourced, plant-based meals and snacks; a variety of all-levels yoga classes and much more. More info: YogaRoomAnnArbor.com/events-2/fall-retreat.

New Moon Night Hike – 7:30-9pm. Will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit some of LSNC's nocturnal animals to learn about how they survive. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Registration required: DiscoverScienceAndNature.org.

SATURDAY, OCTOBER 21

Yoga with Reflexology – 1-2:30pm. Theme: Overwhelm & Burnout. This informative, nourishing and relaxing workshop teaches 3 theme-appropriate reflex locations each meeting for self-application, as well as an extended relaxation (savasana) with a mini-reflexology session at the end. $40. Crysterra Wellness, 3173 Baker Rd, Dexter. Registration required: CrysterraWellness.com.

MARK YOUR CALENDAR

SUNDAY, OCTOBER 22

Health Yourself Fair – 12-6pm. Features healthy products, healthy displays, a silent auction and demonstrations so people can learn how to get healthy and stay well. Admission free. Weber's Inn, 3050 Jackson Rd, Ann Arbor. 734-478-4263. DIY-Wellness.info.

TUESDAY, OCTOBER 24

Artist Spotlight: Mr. Sun – 8pm. A roots acoustic music supergroup. Also streams live to Facebook and YouTube. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

FRIDAY, OCTOBER 27

ypsiGLOW – 7-10pm. Art. Lights. Music. Luminaries. Dance. Theater. Theme: GLOWCentennial, an illuminated celebration of the 200th birthday of Ypsilanti and an homage to the history and future of this great city. N Washington St, Downtown Ypsi. More info: Assembli.us/ypsiglow.

SATURDAY, OCTOBER 28

A2 Artoberfest – Oct 28-29. 10am-7pm, Sat; 10am-4pm, Sun. Features 100 jury-selected artists, live entertainment, food vendors, art activities and adult beverages. Zero waste event is using only materials that are locally recyclable, compostable or reusable. Downtown Ann Arbor, across Ann St and N Fourth Av from Huron into the Kerrytown area. 734-662-3382. A2Artoberfest.org.

Animal Haunts – 4-9pm. Travel through the woods, meeting costumed characters and collecting clues to solve our Mystery Hike. Try a spooky science experiment, and make your own harvest craft. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

MONDAY, OCTOBER 30

***The Visit* Revisited Tour:** Loreena McKennitt – 7:30pm. A renowned Canadian folk artist who sings Celtic-tinged traditional and original material accompanied by haunting harp playing. Accompanying her are Caroline Lavelle on cello, Brian Hughes on guitar, Hugh Marsh on violin and Dudley Phillips on bass. Michigan Theater, 603 E Liberty St, Ann Arbor. 734-668-8397. Tinyurl.com/Loreena-McKennitt.

PLAN AHEAD

SATURDAY, NOVEMBER 4

Randy Rainbow for President Tour – 7:30-9:30pm. The *New York Times* bestselling author will take on the hottest topics and skewer politicos of the day as only he can, using song parodies live onstage with accompaniment by Broadway musicians. Tickets start at $63. Michigan Theater, 603 E Liberty St, Ann Arbor. Tickets: Ticketmaster.com. MichTheater.org.

ongoing events

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Artisan Market – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. SundayArtisanMarket.org.

Drop-In Tarot Study Group – 6:30-8pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. $10 donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. NicksVictoryGardens@gmail.com. EnlightenedSoulCenter.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W

Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

fridays

Online: Prayer Power Hour – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you, and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

Esoteric Tarot for Beginners – 7-8:30pm. Drop-in study group with Nick O'Donnell. Features the bare bones and basics of tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session. $15 suggested donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. fb.me/e/2MeGXs0VE.

saturdays

Downtown Plymouth Farmers Market – Thru Oct 21. 8am-12:30pm. 736 Penniman, Forest St, Plymouth. 734-223-7956. Tinyurl.com/2sy94m6m.

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

classifieds

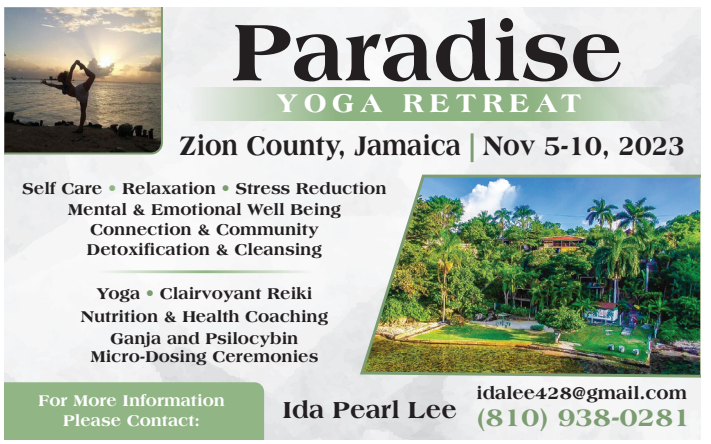
OFFICE SPACE

ANN ARBOR THERAPIST SEEKING RESONANT PRACTITIONER to share newly decorated, warm and uplifting office in prime location with apple parking. Please contact Karen Kerr at 734-660-5610 or Karen8Kerr@gmail.com.

HELP WANTED

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

Couples Retreat in Jamaica
Relax, Reboot & Rejuvenate in Jamaica!
Come to January in Jamaica with Chef John at Bel Cove Villa!
Week 1
Food for Life Wellness Program
Week 2
Total Health Wellness Program
Booking Now!
Contact Chef John For More info!
(734) 635-1598
Session 1: January 6 – Jan. 20, 2024
Session 2: January 20 - Feb. 3, 2024
january-in-jamaica.com



ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE at
3684 W. LIBERTY ROAD (734) 769-7794
HOLISTIC MASSAGE THERAPY PROGRAM
Cyclical Enrollment Integrating Natural Medicine principles, details at
naturopathicschoolofannarbor.net
2024 MEDICINAL HERBAL & NATURAL MEDICINE SERIES
Open for registration
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PROFESSIONAL AND INTERN CLINIC
For massage and integrated bodywork therapies
holisticmassageassociatesannarbor.com
Fees at $35 - $50 -$75
per session-by length, no tips.

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GreatLakesAppliedPower.com

We are devoted to third-generation ultra-efficient power solutions using the latest technology and advanced product design. Please contact us for more information or for assistance selecting a Power Cell or Solar Power Wagon to fit your needs! *See ad on back cover.*

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RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

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Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
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Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

CATERING/FOOD

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121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 21.*

DETOX/COLONIC

INNERSPACE HOLISTIC
Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

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734-223-7956

If you believe that food/nutrition is the number one best way to better health, and you really like NOT cooking, give me a call. You won't regret it. Best Food Ever.

GENERAL & COSMETIC DENTISTRY

ANN ARBOR SMILES DENTAL GROUP
2365 S Huron Pkwy, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 5 and 28.*

HEALTH AND WELLNESS

CONSTELLATION HEALING ARTS
Michaelene Ruhl, PsyD,
28592 Orchard Lake Rd., Farmington Hills
248-345-3557
ConstellationHealingArts.com

We create intimate, safe and sacred spaces for people to learn, grow and heal by supporting them in learning to create the same for themselves and others. *See ad page 15.*

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Crysterra Wellness
ancient inspirations
modern well-being
Reflexology-Reiki-Lithotherapy-Yoga

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga. *See article page 10.*

HEALTH FOOD STORES

THE BETTER HEALTH STORES
Locations: Dearborn • Plymouth • Novi • Livonia • Ann Arbor • Sterling Heights • Belleville • Southgate • Shelby Charter Twp • Lansing • Grosse Pointe Woods • Beverly Hills • Bloomfield Twp • Windsor, ON, Canada
TheBetterHealthStore.com

BetterHealth MARKETS & VITAMIN STORES

Vitamins, supplements, organic and natural foods. For more information: *See ad page 7.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 6 and 10.*

HOLISTIC MENTAL WELLNESS

CENTER FOR INTEGRATIVE COUNSELING
Karen Kerr, LMSW
2010 Hogback Road, Ste. 6E, Ann Arbor
(734) 660-5610
karen8kerr@gmail.com
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In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life. *See article page 8.*

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In the Parkway Center
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Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nutritional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 24.*

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LeanFowardLife@gmail.com
734-249-9948
LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

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MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

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MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 6.*

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ANN ARBOR SMILES DENTAL GROUP
Dr. Heather Hoffman
2900 Golfside Rd Suite 5, Ann Arbor &
1795 W Stadium, Ann Arbor
734-887-9667
AnnArborSmiles.com

Ann Arbor Smiles is a state-of-the-art general and cosmetic dental office dedicated to treating the whole person in a caring and compassionate manner. Most insurances accepted and financing is available. *See ads, pages 5 and 28.*

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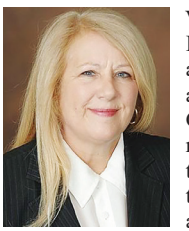
AbsoluteChoicesTherapy.com



Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

SCHOOL / EDUCATION

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NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net

Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr. *See ad page 35.*

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natural awakenings

community resource guide

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MotherBearSanctuary.com

Mother Bear Sanctuary's mission is to remind people of their innate connections to their bodies, the Earth, all animals, and each other. Barbra specializes in transpersonal therapy, horse retreats, trauma-informed nature therapy, healer training and leadership programs. *See ad page 25.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
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Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 11.*

SOLID HARDWOOD PLANK FLOORING

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ChelseaPlank.com

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TAI CHI AND QIGONG

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1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

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Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 11.*

WELLNESS CENTERS

THRIVE! WELLNESS CENTER
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734-470-6766
Thrive-Wellness-Center.com

thrive! Wellness Center

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 26.*

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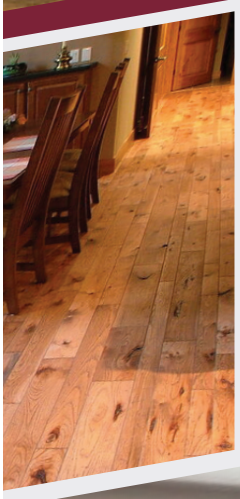

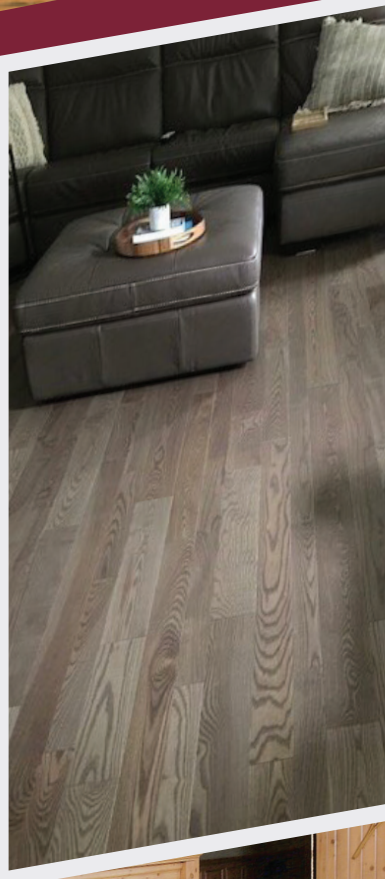

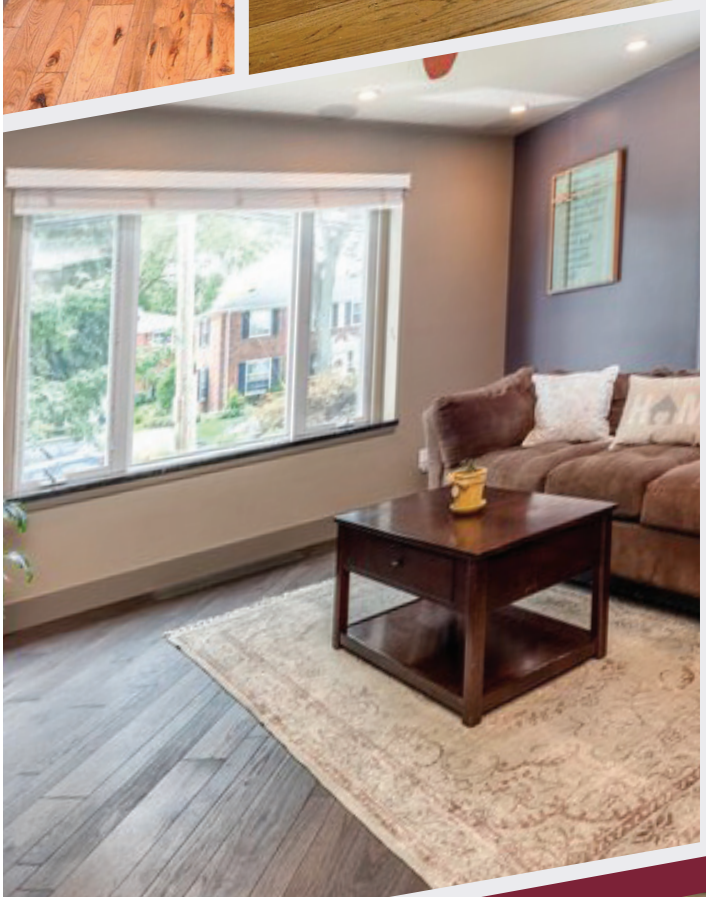

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